

Elite Skating Academy Program Q&A

What is the structure/curriculum for the Elite Skating Academy?

The on ice structure offers semi private instruction to ensure more individualized attention to each skater's needs and goals. Elite Skating Academy hires highly qualified and elite level coaches. The off ice curriculum is an introduction to competitive off ice training, and includes: stretching, various rotational and jump exercises. Plyometrics and dance conditioning is also utilized. The training will help build the correct muscle groups and skills necessary for competitive skating.

Where/when does the program take place?

The off ice class will take place before or after the scheduled on ice lesson, and will run for 30mins. The 30 min on ice portion will take place on public or freestyle ice at Extreme Ice Center. Ice time sticker must be paid separately.

What opportunity will I gain from this program?

The Elite Skating Academy will focus on necessary developmental skills for the modern day skater. Skills learned will enable skaters to develop strong foundational skating skills. Various areas of focus include: jumps, spins, skating bio-mechanics, choreography and musicality. The program will put skaters on the path to competition and other exciting opportunities in freestyle, ice dancing, solo ice dancing, synchronized skating, participation in the USFS testing structure, ice shows, seminars and summer skating camps.

How many skaters are in a semi-private lesson?

The on ice portion will have a ratio of 1 coach to a maximum of 4 skaters. The off ice segment will be a group class.

Should I hire a private coach?

ESA has many necessary components needed to becoming a competitive skater. Many private coaches recommend their skaters enroll in ESA to benefit from the off ice training, and semi-private instruction. Eventually every competitive skater should hire a private coach. Their coach will oversee their development, enroll them in competitions, etc. Elite Skating Academy is an introduction to becoming a competitive skater, and offers guidance along the way. Skaters who decide to hire a private coach can continue in ESA as it has many necessary components to creating a champion.

Upcoming opportunities to compete/performance/test:

- Spring date TBD, Basic Skill In-House (Extreme Ice Center)
- April 8 & 9, 2017 State Games (Greensboro)
- Prepare for Synchronized Skating Season, August - April (boot camp over the summer months)
- September, 2017 John Smith Memorial Competition (Extreme Ice Center)
- December, 2017 Annual "Skate a Gift" performance
- Individual Basic Skills Testing per request through ESA coaches.
- US Figure Skating test sessions throughout the year via Carolinas Figure Skating Club.